

 <p>MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES CHILD AND ADULT CARE FOOD PROGRAM</p> <p>CHILD CARE CENTERS POLICY &amp; PROCEDURE MANUAL</p>	ISSUED  3/91	REVISED  3/15	CHAPTER  7	SECTION  7.2
CHAPTER Chapter 7. Meal Pattern	SUBJECT Feeding Infants			

Meals served to infants up to one year of age must meet the requirements described in this policy and in the *Infant Food Chart*. Foods of an appropriate texture and consistency for each infant are required only when the infant is developmentally ready to accept them. The infant's parent or guardian should be involved in all decisions concerning changes in feeding pattern. Solid foods should be introduced one at a time on a gradual basis.

Breastfeeding should be supported as the preferred way to feed infants. In addition, child care facilities must offer at least one iron-fortified infant formula. The infant formula selected should be one that satisfies the needs of the majority of the infants in the facility's care at any given time. Either breastmilk or iron-fortified infant formula, or portions of both, must be served for the entire first year.

Infants must be offered at least the minimum amounts of the meal components outlined in the *Infant Food Chart*. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered. More breastmilk must then be offered if the infant is still hungry. Breastfeeding mothers put considerable effort into expressing and storing their milk so child care facilities should take extra care to avoid wasting breastmilk.

Fruit juice should not be offered to infants until they are 6 months or older and ready to drink from a cup. Feeding fruit juice only from a cup helps develop behaviors that may prevent early childhood dental caries. Fruit juice served as part of the meal pattern for infants 8 through 11 months must be full-strength.

Infants should be held when being fed a bottle, and should never be laid down or propped in an infant seat with a bottle.

#### Infant Meal Pattern:

**Birth through 3 months** – Only breastmilk or iron-fortified infant formula is required to meet the infant's nutritional needs.

- Breakfast shall consist of 4 to 6 fluid ounces of breastmilk or iron-fortified infant formula.
- Lunch/supper shall consist of 4 to 6 fluid ounces of breastmilk or iron-fortified infant formula.
- Snack shall consist of 4 to 6 fluid ounces of breastmilk or iron-fortified infant formula.

**4 months through 7 months** – Breastmilk or iron-fortified formula is required. Some infants may be developmentally ready for solid foods of an appropriate texture and consistency.

- Breakfast shall consist of 4 to 8 fluid ounces of breastmilk or iron-fortified infant formula. A serving of 0 to 3 tablespoons of iron-fortified dry infant cereal may also be provided. (The 0

indicates that an infant should not be offered iron-fortified dry infant cereal until developmentally ready and only when approved by the infant's parent or guardian.)

- Lunch/supper shall consist of 4 to 8 fluid ounces of iron-fortified formula or breastmilk. A serving of 0 to 3 tablespoons of iron-fortified dry infant cereal or 0 to 3 tablespoons of fruit or vegetable of appropriate consistency may also be provided.
- Snack shall consist of 4 to 6 fluid ounces of iron-fortified infant formula or breastmilk.

### **8 months through 11 months**

- Breakfast shall consist of 6 to 8 fluid ounces of iron-fortified infant formula or breastmilk, 2 to 4 tablespoons of iron-fortified dry infant cereal, and 1 to 4 tablespoons of fruit or vegetable of appropriate consistency or a combination of both. Juice may not be served as a replacement for the fruit or vegetable at breakfast, lunch, or supper.
- Lunch/supper shall consist of 6 to 8 fluid ounces of iron-fortified infant formula or breastmilk, 2 to 4 tablespoons of iron-fortified dry infant cereal and/or 1 to 4 tablespoons of meat, fish, poultry, egg yolk, or cooked dry beans or peas, or ½ to 2 ounces of cheese or 1 to 4 ounces of cottage cheese, cheese food or cheese spread of appropriate consistency and 1 to 4 tablespoons of fruit or vegetable of appropriate consistency or a combination of both.
- Snack shall consist of 2 to 4 fluid ounces of iron-fortified infant formula or breastmilk, or full-strength fruit juice. Other foods include 0 to ½ slice of crusty bread or 0 to 2 cracker type products made from whole grain or enriched meal or flour and which are suitable for an infant for use as a finger food. (The 0 servings indicate that these components are optional, at the discretion of the provider with parent or guardian approval.)

See section 5.11 for more information on claiming infant meals. More information on feeding infants is available in the USDA publication *Feeding Infants – A Guide for Use in the Child Nutrition Programs*. Available at [www.fns.usda.gov/tn/Resources/feeding\\_infants.html](http://www.fns.usda.gov/tn/Resources/feeding_infants.html)